CORPORATE

Aben Establishes Experienced Technical Advisory Board for Forrest Kerr Gold Project in B.C.'s Golden Triangle

July 19, 2016

Vancouver, BC – Aben Resources Ltd. (TSX-V: ABN) (OTCBB: ABNAF) (Frankfurt: E2L2) ("Aben" or the "Company") is pleased announces the formation of a Technical Advisory Board to assist Aben's management team in the exploration of its 23,000 hectares Forrest Kerr Gold Project located within the "Golden Triangle" area, north of Stewart, BC.

See Forrest Kerr project, BC, Golden Triangle area map:
http://abenresources.com/site/assets/files/3728/abn-forrest-kerr-project-map-small.jpg

Aben's Forrest Kerr land package is located along the Forrest Kerr Fault, immediately north of the Iskut River and southward of More Creek, with recent hydro-electric power and road access afforded to the northern and southern areas of the property. The claims consist of a 40km-long, north-south belt overlying rocks of the Hazelton and Stuhini Groups, a complex assemblage of volcanic accumulations with intervening sedimentary sequences which are host to numerous significant gold deposits in BC's Golden Triangle area (see Aben's News Release July 6th, 2016).

Management of Aben wishes to welcome Henry Awmack, P.Geo.; David Caulfield, P.Geo.; and Mike Roberts, Ph.D, P.Geo to Aben's Technical Advisory Board. Duties of the members of the Advisory Board will include providing insight based on past working experience in the Iskut River, Forrest Kerr and More Creek areas and elsewhere, in addition to offering guidance and direction with respect to future exploration of the Forrest Kerr Project. These new members of the Technical Advisory Board offer a wealth of knowledge that will help in the technical decision making process for Aben's existing experienced board members.

Biographies of Key Board Members:

Ron Netolitzky, P.Geo. – Chairman of the Board

Ron has been very successful in mining exploration with over 35 years of experience and having been directly associated with three major gold discoveries in Canada that have subsequently been put into production; Eskay Creek, Snip and Brewery Creek. He is a director of several publicly traded exploration companies. Mr. Netolitzky has been honored with the Prospector of the Year award from the PDAC, and Developer of the Year award from the BC & Yukon Chamber of Mines. In 2015, he was inducted into the Canadian Mining Hall of Fame.

Tim J. Termuende, P.Geo. - Director

Tim is a professional geologist with over 30 years' experience in mineral exploration and is a director of several mineral exploration companies operating in western Canada. Tim has worked on exploration projects throughout North, Central, and South America, and has been personally involved in exploration within the Forrest Kerr area in the early 1990's. Tim has been continuously active in mineral exploration since 1976, and currently oversees a broad range of ongoing exploration projects located throughout western Canada.

Biographies of Technical Advisory Board:

Henry Awmack, P.Geo. – Advisory Board

Henry has over 30 years' experience in the mining industry. As a co-founder of Equity Engineering Ltd. in 1987, Mr. Awmack has managed all aspects of a geological consulting and contracting firm including project planning and execution, hiring of field crews, geological fieldwork, property examinations and preparation of technical reports. He has worked around the world exploring for a variety of commodities, and has extensive "on the ground" experience in the Forrest Kerr, BC area in particular. Mr. Awmack holds a B.Sc (Honours) Applied Science in Geological Engineering from the University of British Columbia and is registered as a professional engineer with the Association of Professional Engineers and Geoscientists of British Columbia.

David Caulfield, P.Geo. – Advisory Board

David Caulfield was co-founder of Rimfire Minerals Corporation (now Kiska Metals Corporation), and he played an integral role in building the company and its' business through its strategic partnerships. Prior to Rimfire, he was a co-founder and President of Equity Engineering Ltd. (now Equity Exploration Consultants Ltd.), a privately held geological consulting firm. Mr. Caulfield currently serves on the board of directors of Evrim Resources Corp. David is also a co-founder, shareholder and director of C3 Alliance Corp., a privately held consulting firm. In an extensive volunteer capacity, David served as the 2005 President of the Association for Mineral Exploration of British Columbia (AME BC) and David played an instrumental role in the creation of Geoscience BC in 2005 and has served as a volunteer Director and Vice Chair until 2014. David's experience in the Golden Triangle, BC area stretches back to the early 1980's and includes property acquisition and all aspects of field exploration and execution.

Michael Roberts, Ph.D., P.Geo. – Advisory Board

Mike is a professional geologist with over 15 years of experience in mineral exploration and is currently the V.P. of Exploration for Kiska Metals Corporation. As a field geologist for several junior exploration companies and as V.P. for Kiska, Mike has conducted and managed grassroots to advanced exploration programs for base and breccia metals in North America and Australia, typically in partnerships with major mining companies. Mike is passionate about the mineral potential of B.C., and has been actively involved in exploration programs in the Forrest Kerr area since 2005.

Forrest Kerr Gold Project Summary:

The Forrest Kerr Gold Project is located in the heart of the Golden Triangle of British Columbia and is considered to hold significant potential for precious metal mineralization. Numerous mineralized occurrences are documented throughout the project area and sound, systematic fieldwork conducted from the late 1980's to the mid 2000's provide a solid framework for ongoing fieldwork. With little activity in the area during the past decade, the area is ripe for modern exploration techniques. The area has recently seen major infrastructure improvements, including roads and hydro-electric facilities. In addition, rapid melting rates of glaciers in parts of the property area are expected to provide new exposures in areas that were inaccessible during previous exploration campaigns. A good example of these opportunities is the "Klinker" mineral occurrence, located within Forrest Kerr property boundaries and reported to be "taken in 1990 adjacent to a glacier, yielded 27% copper and 63 grams per tonne silver" (*BC MINFILE 104B496*).

Jim Pettit, President of Aben commented: "With the addition of the Technical Advisory Board to aid and assist Aben's management and board we look forward to a successful exploration season ahead. The consolidation of the land package now known as the Forrest Kerr Project has happened at an incredibly opportune time. With the increase in the price of gold since the beginning of the year and the immense interest in the Golden Triangle area in Northwestern BC, Aben is very fortunate to have combined these three contiguous properties into one large land package. Our first priority will be to initiate a consolidation and compilation of all the data into a single GIS database. This whole region is experiencing a renaissance in exploration activity not seen since the early days of Eskay Creek. The big difference today being improved access and infrastructure."

2016 Exploration Activity:

Aben intends to immediately initiate a comprehensive data compilation, bringing all historical work into a single GIS database. This work will be followed by fieldwork aimed at determining drill targets for a fall, 2016 drilling campaign. Permitting for the drilling activity is currently underway.

About Aben Resources:

Aben Resources is a Canadian gold exploration company developing projects in British Columbia, the Yukon and North West Territories.

For further information on Aben Resources Ltd. (TSX-V: ABN), visit our Company's web site at www.abenresources.com.

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